

**Abstract**

An improved adjustable heel strap having an adjustable instep strap connected to the heel strap adjacent the heel portion of a swimmer's foot. Methods are provided for providing a highly adjustable strap system for preventing loss of swim fins in rough water conditions such as large surf and large open ocean waves. Methods are also provided for providing multi-dimensional heel strap adjustability around the ankle and instep to reduce ankle strain, increase ankle support, distribute load and stress points, reduce chaffing and blisters, increase leverage and power to the swim fin, reduce looseness and play between the foot and the swim fin, to increase comfort, to increase control, to improve positioning control, to improve sizing adjustment and to provide increased conformity to greater variations in foot and ankle sizes, shapes and contours. Methods are also provided for providing dual adjustable heel straps and instep straps having sufficient quick release capabilities for permitting the swim fin to be put on and taken off quickly and easily while in the water, including while in rough water conditions.